



# The Silver Center News

Uxbridge Council on Aging Newsletter  
www.uxbridge-ma.gov/coa SEPTEMBER 2014

**Location:** 36 South Main St.  
**Hours of Operation:** Mon - Fri 8:00 AM - 4:00 PM  
**Phone:** (508) 278- 8622

Marsha Petrillo - Director  
Donna Oncay - Admin Assistant  
Lynne McPherson - Chef  
Peter Waeger - Van Driver

## WishList

Foam coffee cups  
Napkins  
All purpose cleaner  
Bathroom tissue  
Paper towels

The things on our monthly wish list are items that are not on our budget, and are not funded by the town. The Senior Center provides most of their services because of donations from the generous people of Uxbridge. Also, remember we take monetary donations for the lunch program and the Elderly Connection.

The Uxbridge Elderly Connection raises funds to help support many of our activities as well as the purchase of much of the equipment that is not covered by our budget.

What toothpaste brand claimed "You'll wonder where the yellow went"? Was it Ipana, Gleem, Pepsodent, or Crest?

What type of peanut butter did "choosy mothers" choose in 1956? Was it Jif, Smuckers, Mr. Peanut, or Skippy

**LABOR DAY**- The Senior Center will be closed on Monday, **September 1, 2014** in observance of Labor Day. No lunch will be served.

## LUNCH AND LEARN WITH POLICE CHIEF LOURIE



Join us on Friday, **September 5, 2014** for our monthly Lunch and Learn with Police Chief Lourie and Senator Richard Moore. Senator Moore will present a program on *"WHAT HAS THE GOLDEN DOME DONE TO MAKE THE GOLDEN YEARS SHINE MORE BRIGHTLY."* This is a report to seniors on the 2013-2014 legislative sessions and a glimpse of the future. Don't forget, call early and reserve your spot for lunch. 508 278-8622

**HOEDOWN LUNCHEON** Bring your handkerchief and appetite but please leave your horse at home! Join us on Thursday, **September 18, 2014** at **11:30 AM** for our Fall Hoedown. Dessert and entertainment will be provided by Whitney Place at Northbridge and Westboro. Lunch seating is limited to 40 so please call early to reserve your lunch.



**COMPUTER CLASSES** - Computer classes will begin in October. Call the Senior Center to pre-register. You can get help with your I Phone, I Pad, tablet, Nook or other electronic devices.

## DON'T IGNORE YOUR MEDICARE MAIL

If you have a Medicare Prescription Drug plan or a Medicare Advantage Plan you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2015. During the annual Medicare open enrollment, October 15 - December 7, you will have a chance to change your plan for next year. We can help you understand your plan as well as other options you may have. Call the Senior Center at 508-278-8622 or SHINE at 1-800-234-4636 to get more information or to make an appointment.

Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments.

Van transportation begins at 10:30 am each day. Please check with the Senior Center, Uxbridge Cable Station or the Council on Aging website for the Lunch Menu.

The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.

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## Up Coming Events

Mark your calendar for the Following dates in October

**W**ednesday, **October 29**  
from **12:00 to 1:00 PM**

SHINE Regional Director Ed Ross will be here to discuss Medicare Open Enrollment.

Thursday, **October 30** from 1:30-3:00pm  
Fallon Representative Dan Amason will discuss Fallon changes, prices and premiums.

*Thank You!*

**T**HANK YOU, THANK YOU- We want to say thank you to all the wonderful people who have donated heart healthy gifts of fresh fruits and vegetables for our lunch program.

We appreciate your generosity! Thank you to Claire White, Dana Billington, Bob Sarkinen, Marcel Williame, Janet Hewitt, Gertrude Henault and all the anonymous donors.

Also a big thank you to Edwina Porter for taking care of our vegetable garden at the Community Gardens.



**BEREAVEMENT COUNSELING** – Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor, Dr. Carl Schultz. Dr. Schultz comes to us with impressive credentials. He is available for people of all ages by appointment. All sessions are free, private and confidential. Call the Senior Center at 508-278-8622 to make an appointment.

Don't forget the web page, [uxbridge-ma.gov/coa](http://uxbridge-ma.gov/coa) and/or LIKE us on Facebook at [facebook.com/UxbridgeMASeniorCenter](https://facebook.com/UxbridgeMASeniorCenter)

## DID YOU KNOW?

-August has the highest percentage of births or that an ostrich's eye is bigger than it's brain. Here's one, did you know that most lipsticks contain fish scales? I'm guessing you didn't know, no two corn flakes look the same? And finally, Mount Everest is 5.5 miles high.

## Smile, It's Free

A smile is cheer from you to me,  
the cost is nothing its given for free.  
They console the weary and gladden the sad.

And can make someone happy when they are mad.

Unlike blessings in which we pray  
it's the only thing you keep when you give it away.

**M**y psychiatrist told me I was crazy and I said I want a second opinion. He said okay, you're ugly too.

**Y**ou do not need a parachute to skydive.  
You only need a parachute to skydive twice

## ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER

The numbers below represent people served in  
**JULY 2014**

Telephone Calls	1,202
Meals Served	552
Daily Visitors	640
Medical Runs (Round Trips)	157
Hannaford's Shopping (Round Trips)	25
Walk-In Help	81
Walmart Shopping (Round Trips)	14
Lunch Pick Up	200

UXBRIDGE SENIOR CENTER  
 Lunch Menu  
 36 South Main Street, Uxbridge, MA 01569  
 (508) 278-8622

## SEPTEMBER 2014

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Monday	Tuesday	Wednesday	Thursday	Friday
1. <b>CLOSED FOR LABOR DAY NO LUNCH SERVED</b>	2. VEGETABLE QUICHE GARDEN SALAD WHOLE WHEAT ROLL SUGAR FREE PUDDING	3. ROASTED CHICKEN RICE PILAF CAULIFLOWER SUGAR FREE JELLO	4. POT ROAST MASHED POTATOES GREEN BEANS ICE CREAM SANDWICHES	5. BAKED FISH ROASTED POTATOES GREEN BEANS SUGAR FREE PIE
8. LASAGNA GARDEN SALAD ITALIAN BREAD FRESH FRUIT	9. BEEF AND CORNBREAD PIE GARDEN SALAD SUGAR FREE PUDDING	10. PESTO CHICKEN FLORENTINE W/PENNE SPINACH BLUEBERRY CAKE	11. SALISBURY STEAK MASHED POTATOES BROCCOLI LEMON SQUARES	12. BAKED FISH BAKED SWEET POTATO MIXED VEGETABLES SUGAR FREE ICE CREAM
15. TUNA CASSEROLE PEAS AND CARROTS SUGAR FREE PUDDING	16. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD ITALIAN BREAD CARROT CAKE	17. ROASTED CHICKEN MASHED POTATOES GREEN BEANS FRESH FRUIT	18. <b>HOE DOWN SPONSORED BY WHITNEY PLACE OF WESTBOROUGH</b>	19. BAKED FISH RICE PILAF MIXED VEGETABLES CAKE
22. TOMATO SOUP GRILLED CHEESE GARDEN SALAD SUGAR FREE PUDDING	22. SHEPHERDS PIE CARROTS BROWNIES W/ICECREAM	23. CHICKEN ROMANO W/MARINARA AND PENNE GARDEN SALAD APPLE CAKE	24. HOT DOGS W/ROLL COLESLAW BAKED BEANS FRESH FRUIT	25. * <b>BIRTHDAY LUNCHEON</b> BAKED FISH MASHED POTATOES BROCCOLI BIRTHDAY CAKE
29. VEGETABLE ALFREDO W/PENNE GARDEN SALAD FRESH FRUIT	30. MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS PEACH CAKE			<b>* ALL MEALS ARE SERVED WITH MILK, COFFEE OR TEA</b>  <b>**MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3-\$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.

*Donate Life*